ABSTRACT OF THE INVENTION

A spool comprises: a hub sandwiched between two flanges, said hub containing at least one living hinge forming a cavity in a periphery of said hub, such that during the temperature variations between $-40^{\circ C}$ and $85^{\circ}C$

- (i) the outer surface circumference of said hub changes, thereby changing the size of the opening associated with said cavity during said temperature change; and
 - (ii) the outer surface diameter D_H of said hub remains substantially constant.